GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

CONVENIENT BATHROO FOR ELDERLY AND HANDICAPPED

Daily grooming is import nt to a feeling of well-being for everyone. For an elderly or handicapped person it can be frustrating or impossible to perform cleanliness routines if a bathroom is not equipped with safe and appropriate appratuses. Altering a bathroom can range from easy to make changes to more complicated, perhaps even remodeling, depending on the persons degree of mobility or type of handicap.

Simple additions include attaching grab bars securely to the wall near a tub, shower, sink and toilet. If remod ling with new fixtures, keep in nd some tubs and toilets inc de grab bars as a part of the u til. Check to be sure that grab l ars are non-skid.

Supply non-breakable soap dishes and drinking glasses. Place these, other grooming aids, and towels racks and toilet tissue rolls, mirrors, counter and storage space at a height for convenient access.

Provide a sturdy, slip-resistant seat in the bathtub or shower, making a sure that the flooring has a non-slip surface. If not built in, apply rough textured adhesive strips. Wall-to-wall, well fitted, bathroo carpeting provides a surface f more secure footing.

Good lighting is essential. soft night-light eliminates da gerous groping for a lig switch. Store medication s parately from other items and label each in large, clear letters or some other form for easy identification.

Lever type faucet handles may be easier to manipulate than knobs. Other desirable features may be thermostatically controlled fittings on the outside of the shower or tub.

Don't overlook accessories that make bathing and grooming easier and more comfortable. A sponge with a pocket to hold soap can be readily grasped for latering up and also helps to keep the soap in hand.

A back brush hose spray attachment and a well lit magnifying mirror attached to the wall near the wash basin are other aids to consider.

Of course, the entire bathroom should be kept clean. If the person has to take care of the room alone, provide long handled brushes and sponges as well as a convenient spot for storing cleaning products and cloths.

Bathroom space is a factor for persons in wheelchairs or dependent on walkers. In designing a new bathroom, keep the door width in mind. Ideally, the shower stall floor should be flush with the floor outside with a slight slope towards the drain, or with a low curb. A toilet measuring 18" from the floor is more convenient than a conventional 15" model. A wall mounted one is easier to maintain. Consider, also, setting the wash basin 36" high rather than 31". Have plenty of counter space available on either side of the basin for grooming essentials and medication. Finally, it's a good idea to install a telephone in the bathroom and a call signal button so help can be summoned in an emergency.

With thoughtful planning, the elderly and handicapped can carry on usual grooming routines. It can be accomplished by rearranging the bathroom, supplying different surroundings or remodeling to include safe, convenient fixtures and furnishings.

Homemakers, snould you have a homemaking question or problem, you may call us at 352-8244 or write us at P.O. Box 488, Appomattox, Va. 24522. It is always a pleasure to hear from you and to help you. Have a good week!

RECIPE OF THE WEEK
Christy's Apple Nut Bread

½ cup butter or margarine
2 eggs
2 teaspoons soda
1 teaspoon cinnamon
½ teaspoon cloves
½ cup nuts
¼ cup milk
1 cup sugar
2 cups flour
¼ teaspoon salt
¼ teaspoon nutmeg
1½ cups finely chopped cooking apples
1 teaspoon vanilla

Cream butter with sugar in large bowl. Beat in eggs. Sift together flour, baking soda, salt and spices. Add ½ cup of dry ingredients to apples and nuts in small bowl; stir to coat apples. Blend remaining ingredients into creamed mixture alternating with milk and vanilla. Stir in coated apples and nuts. Turn into a greased loaf pan. Bake 1 hour at 350 degrees and cool on wire rack for 5 minutes. Turn out on wire rack and cool.

Thanks to Christy Parr for sharing this delicious recipe with us.

Local Student Attends School For Gifted At R-MWC

LYNCHBURG - Daniel Perry Harvey, II, a student at Appomattox County High School and the son of Mr. and Mrs. Daniel P. Harvey of Appomattox, has been selected as one of approximately 143 high school students who will attend the 1979 Governor's School for the Gifted on the campus of Randolph-Macon Woman's College from June 19 through July 16. The other centers for this unique learning program are Mary Baldwin College in Staunton and Mary Washington College in Fredericksburg.

The Governor's School, held annually in Virginia since its inception in 1973, offers an accelerated educational program of academic courses, activities, recreation and cultural enrichment, according to Mrs. Isabelle P. Rucker, State Director of Special Programs for the Gifted. Approximately 425 of brightest students will attend the 1979 session at the three centers.

During the Governor's School, students attend courses designed especially for the intellectual challenge they provide. Some of the many courses to be given at Randolph-Macon this summer are: The American Presidency, Computer Programming, Music Composition, Creative Writing, and Psychophysiolgy.

In addition to academic courses, students also elect activity courses such as photography, codeb r e a king, sportswriting, drawing, painting and fiber arts. An important feature of the Governor's School is that no tests or grades are given; students learn for the sake of learning.

The campus director of the Governor's School at Randolph - Macon this year is Dr. Paul L. Irwin, assistant professor of mathematics.

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Thursday—8 P.M. to 11:00 P.M.
Friday—7 P.M. to 10:00 P.M.
9 P.M. to 12:00 P.M.
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TIMES-VIRGINIAN

A LIVELY WEEKLY NEWSPAPER AT HISTORIC APPOMATTOX COURT HOUSE, VIRGINIA

2 SECTIONS - 20 PAGES

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Father Darkleaf

BY CALVIN ROBINSON

And a happy Fourth of July to you. A "safe and sane" Fourth. Fly the Flag and drive with care. I plan to spend the day on Martha Street and if Skylab heads this way in its descent I'll be in the basement. If you are superstious, July has a Friday the thirteenth, the last one in '79. Counting days, we have just passed the halfway mark for this year. (Big word . . . A student of the flag is called a vexilologist).

* * *

I used a half gallon of precious gasoline to drive around for a few miles Sunday afternoon. At the Appomattox River bridge near the Old Court House, every picnic table was in use and children were splashing in the muddy but cool water. A long line of volunteer daylilies in roadside bloom. A panel truck labeled Clemson University parked at the site of Lee's Farewell Address. Several dozen cars parked in the visitor area at the National Park Service. Four cars at the Confederate Cemetery. Drove by two service stations that were open for business Sunday. One had a line of fourteen cars and the other had six in waiting. It appeared to me that passing Greyhound buses had more passengers than usual. Saw a few vegetables gardens and most of them seemed better than mine. Downtown Appomattox improved in appearance by some recent painting jobs.

* * *

Note that some gasoline stations in the D. C. area have a flag system as a signal to would-be customers. A green flag means both leaded and unleaded available. A yellow flag means leaded gas only. A red flag means no gas or station closed.

* * *

My friend, Mrs. Rachel Lawson came by to report that Mr. and Mrs. Bill Fox, Route Four, have a fine garden this year, and brought her vegetables including two cabbages that weighed twenty pounds. Mrs. Lawson also had a copy of a book of poems by Dr. Alhold Owen Guy, of Memphis, Tennessee, titled "As The Heart Speaks." Mrs. Guy is the former Faith Lewis, of Appomattox.

* * *

Americans seldom shy away from new foods. I just read that in early New England the Indians told the Pilgrims to drop a dead fish in every hill of corn to make it grow. Worked. In World War II when our principal sources of natural rubber were over run, we came up with synthetic rubber. Time after time we have been an inventive folk. Not always overnight, but most likely someone will figure it out.

* * *

Sports comment. Major sports news has been the tennis tournament at Wimbledon, England. Sponsored by the All England Lawn Tennis and Croquet Club. Which suggests that we might try a revival of croquet as a family sport. Used to be popular in Appomattox. I have not played croquet for years but believe the game could be modernized, spruced up and returned to popularity.

* * *

Mrs. Pat Davis phoned in that she recalled that years ago I wrote something about Alma, Georgia, that same was her home town and she was going back for a visit. Thanks for calling, and Appomattox is a good "home town" too.

* * *

Appomattox contestants on a Roanoke TV quiz program made a fine showing.

* * *

Thanks for reading and seeya next week.

Health Reports Required For Children Entering School

Section 22-220.1 of the Code of Virginia: Before any child is admitted for the first time to any public kindergarten or to any public elementary school such child must have a comprehensive physical examination of a scope to be prescribed by the State Health Commissioner, by a qualified licensed physician, who shall make a report of such examination and at the end of such report shall summarize the abnormal physical findings, if any, and shall specifically state what, if any, conditions are found that would identify the child as handicapped. A copy of such report must be presented to the school on the child's behalf. Such report must indicate that the child has received such physical examination no earlier than twelve months prior to the date such child first enters a public kindergarten or public elementary school.

Such physical examination report shall be placed in the child's health record folder at the school, and shall be made available for review by any employee or official of the State Department of Health or any local health department at the request of such employee or official.

Such physical examination shall not be required of any child whose parent or guardian shall object on religious grounds and who shows no visual evidence of sickness, provided that such parent or guardian shall state in writing that, to the best of his knowledge, such child is in good health and free from any communicable or contagious disease.

The health departments of all of the counties and cities of the Commonwealth shall conduct such physical examination for medically indigent children, before their admission to any kindergarten or elementary school or its equivalent, public or private, without charge to such child or his parents or guardians upon request, and may provide such examinations to others on such uniform basis as such departments may establish.

The division superintendent of schools may admit for so long as required any child who has failed to have such physical examination if such failure occurs as a result of a reasonable delay in the conduct of such physical examination.

Every pupil shall, within ten days after entering a public or private school, furnish a certificate from a licenses physician certifying that such pupil has been successfully immunized against communicable diseases as required by 32.1-46 of this Code. By October fifteenth of each year each division superintendent and each principal of a private school shall submit to the local health director of the county or city where the school division or school is located the name of each child for whom no

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Announces For Re-Election As Commissioner Of The Revenue

Monte W. Mays

Monte W. Mays, Commissioner of the Revenue for Appomattox County, announced this week that he will be a candidate for re-election for the office of Commissioner of the Revenue in the General Election on November 6, 1979.

In making his announcement, Mays said it has been an honor to serve you as Commissioner of the Revenue the past three years. "Serving you, it has been my goal to listen to your suggestions, comments, and remarks concerning those changes that you thought would be beneficial to the office and progressive for the county," he added.

"During my first term in office, I made pledges which I thought would be beneficial to the citizens of the county," Mays said. "These pledges have all been fulfilled and carried out by the office in the past and will be acted upon also in the future."

The Commissioner's office has assisted citizens with both Federal and State Income Tax forms and also has given extended office hours to meet your needs during the tax season. The office has also assisted with starting a new business, and with complying with the various requirements necessary to start a new business.

Mays said "The many changes affecting the office that have taken place since my first term has forced me to stay abreast of these changes by attending seminars, schools, and District meetings. These sessions are absolutely essential to keep the office up to date and to provide you with efficient and effective service."

Mays is a member of the Commissioners of the Revenue Association, the Virginia Association of Assessing Officers, past member of the Legislative Committee, Chairman of Valeco in District 6, Chairman of L.G.O.E. for the Commissioners of the Revenue, and on the Nominating Committee for the West Central District.

"I will, without hesitation, be always glad to serve you in a courteous and respectful manner, my office is your office and I'm available at all times, either at the office or at my home. Thank you for your past support and I sincerely desire your continued support on November 6, 1979." Mays concluded.

CPR Class Planned

A CPR class has been scheduled for July 9 and July 11th at the Appomattox County Rescue Squad building.

Instructor for the unwitnessed arrest CPR class will be Newton Tolley, member of the local rescue squad.

No more than 15 persons can be taken in this class. You may sign up by contacting Ray Noble at 352-7451.

New Officers Installed at Lions Meeting

At the June 28th meeting of the Appomattox Lions Club, officers for the new year were installed by Mr. Sam Green, Zone Chairman from Lynchburg. On the front row, from left to right, outgoing president, congratulates Richard D. Robinson, newly elected president. Others shown in photo are, front row, left to right, Gerald D. Wilburn, 2nd Vice President; R. Murrell Ferguson, Secretary Treasurer; Beaty and Robinson, Mr. Sam Green, Installing Officer; on back row, left to right, Walter R. Hancock, Jr., 1 year Director; Lewis E. Garvin, 2 year Director; Norman R. Clouser, 1 year Director; James C. Sefter, Lion Tamer; and Robert E. Pankey, Tailtwister. Officers not available for photo were Robert W. Carter, 1st Vice President; Floyd E. Williams, 3rd Vice President; and Lloyd G. Walton, 2 year Director.

A.A.R.P. To Hold Interest Meeting

The American Association of Retired Persons are having their regular monthly meeting on July 12th at 7:30 p.m. at their meeting place in the Pamplin Charge United Methodist Church Fellowship Hall. The meeting will last about 30 minutes after which Mrs. Anja Falcone will speak.

Mrs. Falcone is on the staff of the Central Virginia Commission on Aging and will talk on her para legal activities. She will be pleased to answer all questions from those attending.

Be on hand to welcome this lovely lady and join the members in some refreshments.

The entire evening is for free so come and be counted.

GRAND JUNIOR DEACON TO VISIT MONROE LODGE NO 301, A.F. & A.M.

Ralph J. Wimmer, Grand Junior Deacon of the Most Worshipful Grand Lodge of Virginia, will visit Monroe Lodge No. 301, A.F. & A.M., Lee Street in Appomattox, on Monday, July 9, 1979, at 8 p.m.

There will also be a called Communication at 7:30 p.m., July 6, 1979, for work in the Master Masons Degree.

All Master Masons are cordially invited to attend both of these Communications.

L. Ray Hudson, W. M.
C. M. Franklin, Sec'r

VEPCO Announces Plans For Site Studies

Virginia Electric and Power Company announced today plans to study three sites for the possible location of a new coal-burning generation station.

S. C. Brown, senior vice president of power station engineering and constructon, said, "The site studies are necessary because Vepco must be prepared to meet the future energy needs of its customers and extensive environmental studies are required for licensing of a new generating facility."

The three sites, chosen from an original review of over 100 locations, are situated in Buckingham County (Central Virginia) and Greenville and Mecklenburg counties (Southern Virginia).

Brown said when Vepco constructs another generating station it will burn coal for two reasons.

"First, we must look to the national energy plan for guidance so that we lessen our country's dependence on foreign petroleum," he said. "Second, with the addition of a new coal burning facility following North Anna nuclear units 3 and 4, Vepco's generation mix will be more evenly distributed and lessen our dependence on any one source of fuel."

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Major Changes In Food Stamp Program Announced

The Virginia Department of Welfare announced today that the United States Department of Agriculture has made major changes in the Food Stamp Program affecting deductions net income and coupon allotments.

These changes, effective on July 1, 1979, are:

1. The standard deduction for all households will be increased from $65.00 to $70.00. 2. The maximum for the combined shelter/dependent care deduction will be raised from $80.00 to $90.00. 3. The maximum allowable net income to be eligible will be raised. For example, the allowable net income for a one person household will be raised from $277.00 to $306.00; for a four person household from $542.00 to $596.00. 4. The maximum coupon allotment will also be increased. For example, the allotment for a one person household will be raised from $57.00 to $61.00; a four person household from $191.00 to $204.00.

The Department also points out that with these July 1 changes, in the deduction and income requirements, that some persons who were ineligible for food stamps as a result of the March 1 rule changes, may now be eligible.

These persons should contact their local agency to reapply if they think they may now be eligible.

For more information about the Food Stamp Proram, or where persons can apply, call toll free 1-800-552-3431.

School Board to Meet July 9

The Appomattox County School Board will meet for its first session of the 1979-80 school year on Monday, July 9 at 8:00 a.m. in the School Board Office on Main Street in Appomattox.

This will be an organizational meeting at which time a chairman and vice-chairman of the school board will be elected for 1979-80. The board will also appoint the clerk and deputy clerk for the new session.

Financing Of 25% Of Waste Water Facility For Town Will Go To Referendum In August

At a special call meeting of the Appomattox Town Council recently, council members discussed the building of a new waste-water facility.

After pros and cons were discussed, the Town Council voted 4 - 0 (only four members attending) to take the question of financing twenty-five percent of the facility plus the cost of land acquisitions to the citizens of the Town of Appomattox.

A referendum will be held in the middle of August, 1979 on the proposed Capital expenditure.

An Ordinance explaining the financial cost will be forthcoming in the TIMES-VIRGINIAN as required by the Code of Virginia.

Last Meeting of Fiscal Year Held By School Board

The Appomattox County School Board met in special session on Thursday, June 28, 1979, at 3:00 p.m. in the School Board Office to finalize business activities of the 1978-79 session.

Report on Summer School Program

The superintendent reported to the board that sixty-seven students are enrolled in summer school. Eleven students are taking one new subject, forty-one are taking one repeat subject and fifteen students are taking two repeat subjects. The teachers for summer school are Mr. Walter Payne, Miss Debbie Rush and Mr. Gerald Robinson.

Special Education Project

The board authorized the superintendent to submit an application to the State Department of Education for funds to support a program for elementary emotionally disturbed students. If the project is approved as submitted, $20,719 will be available to provide services to elementary emotionally disturbed students during the 1979-80 session.

Title I Project for 1979-80

A project for continuation of Title I services was presented to the board. After review and discussion, the board approved an application to be submitted to the State Department of Education requesting $160,096.28.

Report from Student Accident Insurance Committee

In May of 1979, the superintendent appointed a committee to review available accident insurance policies and submit a recommendation to the School Board by July 1, 1979.

The committee recommended that the School Board pay for an insurance contract for all students in grades K-12, including all athletics, at a cost of $6,345.00. An alternate recommendation from the committee was that the school system continue with Pilot Life Insurance at a cost of $5.00 per student and $47.00 per football player.

It was the feeling of the board that the premium for accident insurance is a responsibility of parents. Therefore, the board accepted the alternate recommendation. Accident insurance will be available (optional) from Pilot Life at a cost to parents of $5.00 per student.

Other Information

Reviewed personnel vacancies for 1979-80 session.

Made plans to attend the summer conference for school board members and superintendents in Charlottesville on July 18, 1979.

Approved an increase in the price of school lunches for 1979-80 from 40c to 45c in K through sixth grade and from 45c to 50c in grades 7-12.

Two Re-Appointed To School Board

Stuart Farrar, Chairman of the Appomattox County School Electorial Board, announced Monday that Berkley Drinkard has been re-appointed for a four year term as a member of the Appomattox County School Board representing Clover Hill District.

Mrs. Ruth Webb has been appointed to another four-year term representing the Southside District.

Dr. A. A. Fratrick, whose term of office is still effective, represents Stonewall District. The other member of the board is Bobby Stewart.

Gasoline Crisis Bonus - Auto Insurance Discounts

WASHINGTON, D.C. - Motorists who have switched to mass transit or carpooling to lower their gasoline bills can save money in another way - lower auto insurance premiums.

Most auto insurers offer premium reductions to motorists who drive their cars to and from work two days a week or less, instead of five days a week, according to the Insurance Information Institute. Drivers also can receive discounts if they reduce their driving to and from work to two weeks or less out of every five weeks.

Although the amount of the reductions varies depending on the type of car and the driver, the discounts can be as high as 18 per cent of a driver's premium, according to the Institute.

The Institute advises motorists who have curtailed their commuting from work to home to ask their insurance agent whether they are eligible for a premium discount. The discounts may not be available in some states.

The Institute points out that

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SOUTHERN STATES PLANS ANNUAL MEMBERSHIP DAY

Southern States Cooperative will hold its Annual Membership Day at Coleman & Sons, Inc. in Appomattox on Thursday, July 19th.

The meeting will begin at 1:00 p.m. and last to 2:30 p.m. with a business meeting scheduled from 2 p.m. to 2:30 p.m.

Homemade ice cream will be served throughout the day.

Low gross winners in F.R.C.C. Ladies' Member-guest Golf Tournament Saturday were Peggy Guill, left and Marlene Fitzgerald, second from left. Runners up in low gross category were Jane Lyons, right and her guest Margaret Jackson, second from right.

Guill-Fitzgerald Win F.R.C.C. Golf Tournament

Peggy Guill and Marlene Fitzgerald posted an 83 to win low gross honors in the first annual member-guest gold tournament at Falling River Country Club. Finishing one stroke back with 84 were Jane Lyons and Margaret Jackson who claimed the runner-up spot.

In the low net category, Debbie Lacado and Pauline Mayberry came in with 55 to win by four shots over Peggy Clark and Martha Showalter.

With twenty teams entered and guests from Winton, Oakwood, Farmington, Hat Creek and Colonial Hills, members declared this first member-guest tourney a complete success and plan to make this an annual event.